WHAT IS CLAIMED IS:

1. An air bag in a folded state housed in an instrumental panel, the air bag inflates by an inflator when a vehicle is crashed, the air bag comprising:

an opening portion into which a gas generated by the inflator flows;

a gas flow path portion; and

an occupant restraint portion, wherein

the gas flows from the opening portion to the occupant restraint portion through the gas flow path portion, and

at least one penetrating portion is located within the air bag.

2. The air bag according to claim 1, wherein the penetrating portion divides said gas flow path portion into two or more flow paths for flowing the gas from the opening portion to the occupant restraint portion through the gas flow path portion.

3. An air bag in a folded state housed in an instrumental panel, the air bag inflating by an inflator when a vehicle is crashed, the air bag comprising:

an opening portion into which a gas generated by the inflator flows;

a gas flow path portion; and

an occupant restraint portion, wherein the gas flows from the opening portion to the occupant restraint portion through the gas flow path portion, and at least one joint portion is located within the air bag.

4. The air bag according to claim 3, wherein the joint portion divides the gas flow path portion into two or more for flowing the gas from the opening portion to the occupant restraint portion through the gas flow path portion.

5. The air bag according to claim 3, wherein the joint portion is formed by partially sewing parts of the gas flow path portion together.

6. The air bag according to claim 1, including a plurality of said penetrating portions.

7. The air bag according to claim 1, wherein said penetrating portion reduces an opening area of said gas flow path portion.

8. The air bag according to claim 6, wherein said penetrating portions reduce an opening area of said gas flow path portion.

9. The air bag according to claim 6, wherein the penetrating portions divide said gas flow path portion into multiple flow paths for flowing the gas from the opening portion to the occupant restraint portion through the gas flow path portion.

10. The air bag according to claim 1, further including at least one joint portion located within the air bag.

11. The air bag according to claim 10, wherein said penetrating portion and said joint portion reduce an opening area of said gas flow path portion.

12. The air bag according to claim 3, including a plurality of said joint portions.

13. The air bag according to claim 3, wherein said joint portion reduces an opening area of said gas flow path portion.

14. The air bag according to claim 12, wherein said joint portions reduce an opening area of said gas flow path portion.

15. The air bag according to claim 12, wherein the joint portions divide said gas flow path portion into multiple flow paths for flowing the gas from the opening portion to the occupant restraint portion through the gas flow path portion.